

THIS IS JAMES BADGE DALE. GET USED TO HIM.

HE'S COMING TO A MOVIE SCREEN NEAR YOU ... TIMES THREE. PAGE 14

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Monday, June 24, 2013 www.metro.us | t: MetroNewYork | f: MetroNewYork



Finalized city budget agreement is reached

On time. The city announced a budget agreement yesterday evening at City Hall. **No new taxes.** The budget is balanced and increases funds to the public library system. **Safety.** The budget also funds storm preparation proposals put forward by the mayor. PAGE 02

Are you losing out by liking your 'likes'? PAGE 15



Must-love dogs: Canines so ugly they're cute PAGE 12



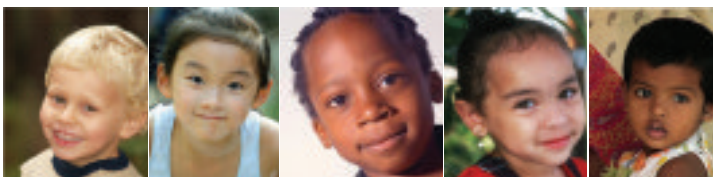
WELCOME TO THE NEIGHBORHOOD

PAGE 02

Wounded vet Semisi Tokailagi and his wife Miriama stand in front of their donated house in the Bronx. / BESS ADLER



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NEWS

Top 3

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online at
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1 'Yoga practioners
seek zen in Times
Square'

2 'Playing the Field:
Serena Williams,
Maria Sharapova
trade insults'

3 'Spyware claims
emerge in row
over Chinese
dissident at NYU'

Quoted

"He has repeatedly demonstrated a gross abuse of power and has proven that he is incapable of ethical leadership."

Mayoral Candidate Joe Lhota, on Assembly Speaker Sheldon Silver

Wounded vet receives warm Bronx welcome

Home sweet home. A soldier received a donated house from a group that helps veterans injured in combat.

The Bronx welcomed a new New Yorker this weekend, as U.S. Army Specialist Semisi Tokailagi and his wife arrived to see their new home in Harding Park. The home was donated through a partnership between Bank of America and Military Warriors Support Foundation, a non-profit providing support for wounded veterans.

Tokailagi, a native of Fiji, received a Purple Heart after being injured in the line of duty in Afghanistan when a mortar shell landed him in a coma for seven days.

After surgery, Tokailagi had to re-learn how to read

and write and suffered permanent damage to his eyesight.

The donated house comes by way of MWSF's Homes4WoundedHeroes Program.

This is the first donation in New York City. Tokailagi and his wife visited the Bronx some time ago and fell in love with the area.

The welcome wagon was led by two local kids totting "welcome home, hero" posters and New York Yankees manager Joe Girardi was on hand, as Bank of America employees kicked off demolition of the house to prep it for a renovation.

"I'd just like to say thank you for your personal sacrifice and allowing us to do what we do freely," a choked-up Girardi told the vet.



DANIELLE TCHOLAKIAN
danielle.tcholakian@metro.us



Joe Girardi, manager of the New York Yankees, signs a shirt for a neighbor of the Tokailagis. / BESS ADLER

City announces new budget plan



The budget calls for no new taxes over the next year. / GETTY IMAGES

The city's next mayor got a clearer picture on Sunday of what he or she will inherit on Jan. 1, 2014, as Mayor Michael Bloomberg and the City Council announced the finalized budget for the next fiscal year.

The budget comes in balanced and on time, an achievement Bloomberg credited to "the skillful

leadership of City Council Speaker Christine Quinn."

The budget includes an additional \$58 million for the New York City Housing Authority, which Bloomberg noted lost federal funding due to sequestration.

The budget increased funds to the public library system, which lawmakers promise will allow for

libraries to remain open, on average, more than five days a week system wide.

The mayor's storm preparation proposals have also been fully funded at \$250 million.

While the 2014 budget is balanced, the city faces a budget gap of \$2 billion in 2015.

DANIELLE TCHOLAKIAN

NYC traffic

Albany votes to install speed cameras in NYC school zones

New York State lawmakers have approved legislation intended to cut down on speeding-related deaths by installing cameras in a number of school zones across the city.

The bill allows for

the first-ever use of speed cameras at 20 locations with known speeding problems. The cameras take pictures of speeding motorists, which are then used to issue violations. The bill authorizes \$50 fines for speeding.

Mayor Michael Bloomberg hailed the bill's passage in a state-memo on Saturday.

EMILY JOHNSON

Transportation

Senate confirms Prendergast as MTA chairman

The state Senate has confirmed Thomas Prendergast as the new chairman and CEO of the Metropolitan Transit Authority.

Prendergast previously served as president of MTA New York City Transit for three



Tom Prendergast / GETTY IMAGES

years and president of the Long Island Rail Road for six years. He has been serving as MTA Interim Executive Director since January. He replaces Joseph Lhota, who stepped down last year to run for mayor.

Prendergast was nominated by Governor Andrew Cuomo and was unanimously approved by the state Senate.

LAURA SHIN

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NYPD. Cops seek help finding suspect in Greenpoint rape case

The NYPD is seeking assistance from the public in identifying a man suspected in a brutal Greenpoint rape last week.

Police describe the man as white or Hispanic, 5-foot-9, and somewhere between 25 and 35 years old. He is accused of raping a woman at knifepoint on the sidewalk of Java Street near McGuinness Boulevard on June 16. He allegedly told the woman he targeted her because he believed her to be gay.

"Sunday's vicious sexual assault of a young woman in Greenpoint, Brooklyn, is disturbing news in the safest big city in the world," City Council Speaker Christine Quinn and Council member Stephen Levin said in a joint statement. "We are deeply troubled by reports that the survivor of this attack



The suspect / NYPD

may have been targeted because of her sexual orientation. New York City's greatest strength is our diversity — but in recent months, there has been an unacceptable increase in hate crimes."

Anyone who recognizes the suspect in the sketch or who might have other information about the crime can call the NYPD's Crime Stoppers Hotline at 800-577-TIPS or visit the Crime Stoppers website.

EMILY JOHNSON



Supermoon shines bright over NYC

Early morning risers on Sunday, June 23, got a rare glimpse of the 2013 supermoon as it loomed large over New York City. A supermoon happens only when a full or new moon is at its closest orbit to the Earth throughout the year. The next time that the moon will be this close to the earth again is in August 2014. / METRO, BILLY BECERRA

Emergency

Council holds emergency meeting on 911 glitches

The City Council committees on Fire and Criminal Justice Services, Public Safety and Technology held a hearing on June 21 to review reported glitches of the city's emergency 911 system.

Authorities say no calls have been affected by a series of recent glitches, but operators have been forced to take down information with pen and paper.

The city is undergoing a \$2 billion modernization of its 911 system, but the system has gone down a few times.

The meeting was scheduled for June 23, but it was moved up spurred by reported cases of glitches.

LAURA SHIN



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NYC
Health

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Riotous return of the Mermaid Parade

After a cloudy future caused when superstorm Sandy flooded its headquarters, the Mermaid Parade returned to Coney Island in all its majestic glory on June 22. The parade was given a new life after fans on Kickstarter raised more than \$100,000 to help take care of the costs of this year's event. King Neptune and Queen Mermaid for 2013 were "30 Rock" star Judah Friedlander and "Real Housewives of New York" star Carole Radziwill. The Mermaid Parade was started in 1983 to celebrate the spirit of Coney Island. Organizers call it the largest art parade in the world. / KEVIN DOWNS, METRO

By the numbers

500K

Organizers estimate that more than 500,000 people turned out to welcome the return of the event on Saturday.



HAILA MASERATI, FERRARI OR LAMBORGHINI AT THE IT'S SO MIAMI TAXI STAND TOMORROW.

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Scenes from Make Music New York

1 Last Friday, more than 1,000 musicians took part in Make Music New York: a free, live musical celebration held across all five boroughs.

1 Percussionist Amy Garapic leads a drum performance with inmates from Rikers Island.

2 Festival-goers learned how to play harmonica in Central Park.

3 Attendees took part in setting the Guinness World Record for the largest keyboard ensemble (175!) at Cornelia Cafe. Keyboards were donated to NYC

Public Schools.

4 Musician Nate Buccieri with Privia Piano Bar traveled through the city on the back of a truck.

5 People learned how to play drums in Central Park.

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Weight loss. Two large meals a day tops six mini-meals

Eating two large meals a day yielded more weight loss than consuming six mini-meals with the same number of calories, according to a study that challenges the common wisdom on appetite control.

Over 12 weeks, people with Type 2 diabetes who ate just breakfast and lunch lost an average of 1.23 points in body mass index, or BMI, compared with a loss of 0.82 points for those who ate six smaller meals of the same nutritional and energy content. The data, in a small study involving 54 patients, was presented yesterday at the American Diabetes Association meeting in Chicago.

The study builds on previous results disproving the theory that eating more frequently improves weight loss. That pattern, thought to work because it helps control appetite,



A big breakfast can help with weight loss. / GETTY IMAGES

Body Mass Index

30

BMI of 30 or higher in an adult is considered obese, according to the Centers for Disease Control and Prevention

was shown to produce no more weight loss than three regular meals in a 2010 study published in the British Journal of Nutrition. The latest report eliminates one additional meal. **BLOOMBERG**

Obama to lay out climate change plan in speech

Coal. Controlling carbon dioxide is seen as a vital step in moving toward clean energy.

President Barack Obama said that he will outline a climate change plan tomorrow centered around reducing pollution from carbon emissions, as he attempts to make good on a pledge for his second term.

"I'll lay out my vision for where I believe we need to go — a national plan to reduce carbon pollution, prepare our country for the impacts of climate change and lead global efforts to fight it," he said in a White House video.

Obama made tackling climate change a top priority in his inaugural address in January when he began his second term. His



A coal burning plant in Conesville, Ohio. / GETTY IMAGES

Carbon pollution

Stakeholders brace for move on emissions

Electric utilities, environmental groups, large

electricity consumers and states have been working behind the scenes for months to have a say in new rules that will be laid out by the Environmental Protection Agency.

speech will be at Georgetown University.

Obama outlined what would be a major national effort to address climate change. He said scientists will be needed to design new fuels, farmers to grow them, engineers to devise new sources of energy and workers to build the foundation for a clean energy economy.

"There's no single step that can reverse the effects of climate change. But when it comes to the world we leave our children, we owe it to them to do what we can," he said.

Sources familiar with his plans have said Obama is likely to roll out a number of measures on climate policy. They may include a strategy to limit greenhouse gas emissions from existing power plants, which account for roughly 40 percent of U.S. carbon dioxide emissions.

REUTERS

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NY governor to request federal probe of LI utility

Review. Cuomo said the state would refer its investigation to federal prosecutors.

New York Governor Andrew Cuomo said he will ask federal prosecutors to review a report that found "breath-taking waste and inefficiency" in the state-owned Long Island Power Authority's dealings with a private consulting firm.

A scathing New York commission report found questionable billing practices and a troubling "revolving door" relationship between the state-owned utility and Navigant Consulting Inc., which may have been a breach of state ethics laws.

Last week, New York approved legislation to mostly dismantle the utility, known as LIPA, which was

criticized for an inept response to superstorm Sandy last October, when more than 90 percent of the 1.1 million LIPA customers on Long Island were left without power, some for more than two weeks.

Public Service Enterprise Group Inc., a private utility in neighboring New Jersey, will take over management of LIPA's operations and LIPA will in effect be reduced to a holding company.

The commission found "breath-taking waste and inefficiency" in LIPA's operations and said the utility was "woefully unprepared" to manage the threat posed by major storms **REUTERS**

Powerless

90%

More than 90 percent of the 1.1 million LIPA customers on Long Island were left without power after superstorm Sandy, some for more than two weeks.



In the aftermath of superstorm Sandy, a crew trims trees entangled in power lines on Nov. 3, 2012 in Bethpage, N.Y. / GETTY IMAGES

Illness. Mandela's condition critical: S. African government

Former South African president Nelson Mandela's condition deteriorated to "critical" (as of deadline) yesterday, the government said, two weeks after the 94-year-old anti-apartheid leader was admitted to hospital with a lung infection.

President Jacob Zuma and the deputy leader of the ruling African National Congress, Cyril Ramaphosa, visited Mandela in his Pretoria hospital, where doctors said his condition had worsened in the last 24 hours, a statement said.

"The doctors are doing everything possible to get his condition to improve and are ensuring that Madiba is well looked af-



Mandela / GETTY IMAGES

ter and is comfortable," it said, referring to Mandela by his clan name.

Mandela, who became South Africa's first black president in 1994, was rushed to a Pretoria hospital on June 8 with a recurrence of a lung infection, his fourth hospitalization in six months. **REUTERS**

Quoted

"The doctors are doing everything possible to get his condition to improve."

A statement from doctors

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Inside the furry suit: Q&A with the Paws of Northeastern

Mascots. This school's husky has his own bodyguard.

By day, 21-year-old Matt Shultis is a mild-mannered architecture major at Northeastern University. But when the NU Huskies take the field, court or ice, he transforms into Paws, the Husky: 6 and a half feet of fur, gyrations, pep and pacifism.

How did you get chosen to be Paws?

I'm a good skater, and I fit into the costume ... ? Skating is important. Hockey is a big sport for us.

What's it like to be Paws?

Nobody on campus knows I'm the man behind the suit. When I throw on the suit, it's like I'm Batman or something. Suddenly everybody wants to meet me. It's a secret identity. I feel like I can do almost anything and not be embarrassed.

Do you feel you're an upgrade from King Husky, the real dog that



Matt Shultis, an architecture major, works as Paws, the Husky.
NORTHEASTERN UNIVERSITY

sometimes does events?

I'd say so. Sure, you're allowed to go up and pet the dog. But the dog can't throw T-shirts into the stands.

Are there drawbacks?

Definitely. People mess with you. Paws has this huge tongue hanging out of his mouth. People come up and yank on it. Then there's the opposing team's fans. It's ridiculous that some people get that

angry at a mascot. But you can't do anything. You just have to walk away. I have a bodyguard that escorts me everywhere.

Who is your rival mascot?

Rhett, [Boston University's] terrier.



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ULTRASOUND CAREERS BEGIN HERE

Kimye: What you may have missed

I'm pretty sure that people in outer space have heard what Kanye West and Kim Kardashian named their baby girl, but just in case you were in solitary confinement over the weekend, her name is North. As in North West. And it exploded the Internet.

Within an hour of the announcement, "North West" became a global trending topic on Twitter, with everyone cracking jokes (some posted photos of a compass with the tweet, "The first picture of Kim and Kanye's baby!") to @surisburnbook saying, "It's cute how you can

spell 'the worst' with the letters from North West's name."

Me? At first I was open-mouthed at the news, but now I kind of like it. I mean, it's Kim and Kanye's baby. It's not like they were going to do something normal.

Bynes' new nose

Amanda Bynes finally got her nose job this weekend, revealing on Twitter that she's got a lot more about the operation to share.

"I'm going to post a video of some of the procedure on my Twitter," Bynes writes. "I need one more procedure to thin out the bridge of my nose." So we all have that to look forward to.

THE WORD

Dorothy Robinson takes on the world of gossip.

DOROTHY ROBINSON
@dorothyatmetro
dorothy.robinson@metro.us



Kendall Jenner: so sweet

Kendall Jenner was all candy and smiles at the opening of Sugar Factory American Brasserie Thursday in New York City, where she hosted the event. Ever the professional (even at 17), the star kept mum about sister Kim Kardashian's new baby girl. But she couldn't keep quiet about the restaurant's debut. (Maybe it was all the sugar?) "It's such a fun place to be. Great food, great candy, it's just awesome," she told Metro. Her favorite candy? "Sweet Tarts!" / GETTY IMAGES

Quoted

"I cried like almost 15 thousand times."

Jennifer Lopez told the Associated Press after being awarded the 2,500th star on the Hollywood Walk of Fame on Thursday



Just what is going on with Justin Bieber?

Justin Bieber's neighbors are so fed up with his and his friends' reckless driving in their gated Calabasas, Calif., community that they've asked the police to intervene, according to E! News. There's also been an emergency Homeowner's Association meeting planned to address the issue.

"It has been escalating for the past six months. He has begun to flip over to a really dark side," a neighbor says of Bieber's "aggressive, reckless" behavior. "They have

sent him warnings. He's out of control. Everyone has a Bieber white Ferrari story. God forbid someone gets hurt by that car. He just feels like he is above the law."

Other reasons for concern? The singer's new Instagram video, where the star seems pretty high. "So, crazy news guys!" said the giddy Bieber as he giggled (oh, how he giggles in this video). "There is video on Instagram." And then it shuts off, presumably so he can go munch on some Funyuns.

CULTURE

Twitter feed

Today, Steve Martin is sorry about his absence, Seth Rogen is on the move, Elizabeth Hurley is procrastinating and Kevin Nealon needs a new phone.

@SteveMartinToGo: The reason I haven't tweeted for a while is because I haven't written anything and then pressed "Tweet."

@Sethrogen: Just flew from Australia to London, which I think is as far as you can travel on earth before you're heading back to where you started.

@ElizabethHurley: Yes-I am putting off packing and learning lines by tweeting nonsense.

@kevin_nealon: Lost my cell phone in Johannesburg last night. Please address your future tweets to @MullahSowungo the Cab Driver.

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1 Meet the upset! **Walle**, a beagle, boxer and basset hound mix was judged to be the ugliest of all 30 entries at the annual World's Ugliest Dog competition in Petaluma, Calif., on Friday. We think he's cute!

Some tongue

2 Penny, a purebred pug, awaits the start of the annual competition, now in its 25th year.

Boy's best friend

3 A boy poses with his dog **Icky**, a Chinese Crested, the breed of dog that usually wins.

Woof, woof

4 Is this even a real dog? Yup, apparently his name is **Grovie**, and he's a pug.

Pretty in pink?

5 Linda Elmquist shows off her dog **Josie**, another Chinese Crested.

GETTY IMAGES



The World's Ugliest Dog contest pics

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Brad Pitt is almost a box office champ



Slightly more people saw "Monsters University" this weekend than saw "World War Z." / PIXAR

Box office. The megastar scored silver with his biggest opening weekend ever.

"Monsters University," the prequel to Pixar's 2001 animated blockbuster "Monsters, Inc.," scared up \$82 million in weekend ticket sales to easily outdistance the week's other new movie, the big-budget apocalyptic thriller "World War Z," which came in with an impressive haul of \$66 million.

"World War Z," the story of a zombie pandemic starring Brad Pitt, was the star's biggest opening weekend ever, outpacing

the \$50.3 million for "Mr. And Mrs. Smith."

Last week's top movie, the Superman reboot "Man of Steel," was third with ticket sales of \$41.2 million.

"Monsters University" was Pixar's 14th consecutive film to head the box office for the weekend it premiered in theaters, easily outpacing industry projections of a \$70 million weekend.

Distributed by Paramount Pictures, "World War Z" was delayed from its initially planned December release after the studio decided to reshoot the final third, pushing its budget from \$170 million to more than \$200 million, according to published reports.

"Man of Steel," which

stars British actor Henry Cavill as the muscled superhero, has generated domestic ticket sales of \$210 million, already more than 2006's "Superman Returns," which starred Brandon Routh and took in just over \$200 million.

"This Is the End," the apocalyptic comedy written by star Seth Rogen and his childhood friend Evan Goldberg, collected \$13 million to take fourth place in the United States and Canada.

"Now You See Me," starring Woody Harrelson and Jesse Eisenberg as magicians who evade the police after high-profile robberies, was fifth with ticket sales of \$7.9 million, pushing its total domestic take to just under \$95 million.

REUTERS



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'WHITE HOUSE DOWN' OPENS EVERYWHERE JUNE 28



James Badge Dale isn't a household name, though he did star in AMC's short-lived but acclaimed "Rubicon." But he's everywhere this summer. In "Iron Man 3" he played Eric Savin, the villain's main henchman. In "World War Z" he's a gruff soldier stationed in South Korea. And in the forthcoming "The Lone Ranger" he's the titular hero's outlaw older brother, whose moral code is a bit more gray.

What was it like doing films on this scale?

They were three different experiences for me in three ways — three separate genres, three completely different characters and three different sets of obstacles. I don't know how to ride a horse. ["The Lone Ranger" producers] had me show up six weeks early and learn how to handle weaponry. On "Iron Man," I'd never worked in front of a green screen.

What was that like? With most movies, at least the thing you're acting with is present.

Right, there's something in front of you. With a green screen, it's not

there. It doesn't exist. You have to trust the people you're working with. My experience on "Iron Man" was a beautiful learning experience. These guys — Robert Downey [Jr.] and Don Cheadle and Jon

Favreau — they supported me, and taught me how to play and how to be free. It's as if you're six years old and nobody's watching you. You're just making stuff up. That's working on a green screen. You have

to let go of any inhibitions.

How quickly do you get over acting with major superstars?

You don't have time for that. It's not like you're meeting the guy on the

street. You're working with him. So you have to show up for work. Someone told me you don't want to work with a guy who isn't nervous. I've made this mistake where I try to act like I'm not ner-

vous. It's okay to be a little starstruck. You just come prepared and have fun. You find that all these guys are great guys. All these guys are going through the same things you are. You become coworkers. I have a hard time when I'm working with women stars. That's when you get starstruck. You're working with Carey Mulligan — she wouldn't give me the time of day in real life.

What's the difference with working on TV vs. film?

The biggest difference with a film is there's a definitive ending. You always know where you're trying to get to. With television, if the show is successful, it keeps going. All the television I've been on has never made it past the year. I've never had this problem. Friends of mine who've been on the second or third season, they always have to struggle to continue to find where they're going with everything, and how to make it real. It could go on forever.



MATT PRIGGE
matt.prigge@metro.us

JAMES BADGE DALE

The actor pops up in three summer movies, including "World War Z."

HERE, THERE AND EVERYWHERE



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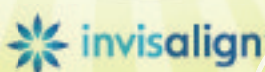
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IF YOU REALLY LIKE 'LIKES,' THIS ONE'S FOR YOU

Do you refresh Facebook 15 times an hour to track the "likes" on your status? You're not alone. In some way or another, many of us have become slightly (or not so slightly) obsessed with the social media feedback loop. While it may seem like a sign of the times, it's actually just another way we reinforce a desperate need to feel good enough: The more likes we get, the better we feel.

But what happens when the like button isn't pushed, or the retweets just don't happen? Then what? A social media meltdown? If this resonates with you, trust that you're not alone. Remember that last scene of "The Social Network"? Even Mark Zuckerberg refreshes his page for feedback.

I too have struggled with the social media



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Gabrielle Bernstein is the author of "Spirit Junkie."



feedback loop. Early in my career as an author, speaker and dot-com entrepreneur, it became clear to me that social media was a powerful way to carry my message to the masses. I worked up an unhealthy obsession with it: My boyfriend would ban me from posting during dinner, and my mom could only get in touch by tweeting at me. At the time, I didn't perceive it as an issue. Thousands of folks were liking my fan page and retweeting my posts — it was heaven for my ego.

Then, one afternoon, I noticed myself wasting an hour watching my Twitter feed and Facebook fan page for positive feedback. As a self-help book author and Spirit Junkie, this was unacceptable. I turned away from the screen and

said aloud, "I'm addicted to social media feedback."

Rather than beat myself up or deny the reality of my obsession, I put myself on a social media detox for 30 days. No, I didn't shut down my Twitter page or deny my fans. I continued to post as frequently as before, but I made a 30-day commitment to ignore the retweets and lay off the likes. I cleared space for self-love and self-soothing. When I no longer cared about responses, I could spend more time focusing on sharing what I honestly felt rather than what I thought might get the most retweets. Ironically, this practice did wonders for my social media presence. Without even trying, I grew my fan page by 1,500 members in 30 days and got more impressions on Twitter than I'd ever had before.



PLUS

Retreat from retweets

If you too are a social media feedback junkie, consider my 30-day practice. Get honest about your behavior, commit to lay off the "refresh" button and clear space to share honest content rather than some canned comment that you think might get a ton of activity. Enhance your self-worth from the inside out and shine light on the Twittersphere.

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WELLBEING

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PTSD not just for war veterans

Mental health.
Could you be
afflicted?



About 60 percent of men and 50 percent of women will experience at least one traumatic event in their lifetime, according to the National Center for PTSD. / GETTY IMAGES.

Approximately 8 percent of the population — or 25 million Americans — suffers from post-traumatic stress disorder, and it's not just members of the military. To learn more about the condition, we talked to Dr. Mark Rubinstein, a forensic psychiatrist and the author of the book "Love Gone Mad."

What are the main symptoms of PTSD?

The symptoms involve reliving the trauma during the day with incessant, recurrent thoughts and recollections (flashbacks) in which the person re-experiences the intense feelings that accompanied the actual trauma. Often, there are recurrent nightmares in which all or part of the trauma is relived.

The victim tries to avoid any object or situation that either resembles or symbolizes the traumatic event. If exposed to such a situation, the person will likely experience anxiety that mounts to panic levels. For instance, a person who survived 9/11 might not tolerate seeing an airplane in the sky. In addition, having survived a catastrophic trauma, the victim often develops a foreshortened sense of the future and feels he or she won't live very long.

Event scope

Must it be a big, tragic event that triggers PTSD?

Any event capable of causing a person to feel that he or she may lose his or her life (or witnessing such an event happening to others) can evoke PTSD.

What options for help are available?

Today, medicines are available that suffocate most if not all symptoms of PTSD. Over time, the victim encounters situations that either resemble or symbolize the trauma, but does not have an overwhelmingly anxious response.

Ptsdscreening.org has more info.

When do people with PTSD usually start noticing they're afflicted? Or can people not even realize it?

Technically, PTSD cannot be diagnosed until 30 days have elapsed since the trauma. This is because it's considered normal for people to have symptoms following an overwhelm-

ing traumatic event — for a defined period of time. After 30 days, the diagnosis can technically be made. The signs and symptoms of PTSD are so overwhelmingly dramatic and life-altering, it's difficult to imagine someone having them and not realizing something is terribly wrong. **METRO**

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Be a black belt in the office

Skills. You don't need to be a kenpo master to bring the lessons of karate into your work.

Susan Schorn is the author of "Smile at Strangers: And Other Lessons in the Art of Living Fearlessly." She's also a black belt in karate who says the lessons to be learned from the ancient martial art don't end on the mat. Here are Schorn's tips on how to be a black belt in business attire.

Respect yourself

People — whether they are sparring with us or supervising us — tend to follow our lead when deciding

how to treat us. Realizing the value of what you do and who you are is an empowering first step toward setting healthy boundaries in the workplace.

Create space by redirecting

When an opponent's offense threatens to overwhelm you in the sparring ring, you can gain control of the situation by turning his or her energy back. The same is true on the job. If your boss expects you to take on more work than you can handle, for example, ask for help prioritizing: "It looks like this new initiative is going to require a lot of attention. Which of the three projects I'm currently working on should I set aside to make room for it?"

Accept that energy moves in both directions

Karate focuses on give and take between opponents. That's important in the workplace, too. But how often do you give your boss feedback? We don't always think about communicating upward. If it's done respectfully, it can replace a one-sided relationship with reciprocity.

Earn a good rep

Martial artists put a lot of effort into earning their peers' respect. Pay attention to your reputation in the workplace. If you're respected in other areas of your organization, your boss is more likely to value you in the office. **METRO**



Slacks and a tie don't mean you can't practice the lessons of karate. / MONKEY BUSINESS

Advice

Practice your skills daily.

Karate techniques must be practiced until they become a natural part of your behavior. Boundary setting works the same way. It's important to practice small skills like saying "no" or asking for a little more time or space when you need it. This builds your confidence and teaches the people around you that you understand boundaries and how to negotiate them.

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Horoscope

Cancer | June 21-July 22.

When it comes to work-related issues, don't be overly dependent on coworkers who've helped you in the past. They might not be around this time.

Leo | July 23-Aug. 22.

As long as you're permitted to think for yourself, you'll be productive. Undue orders will slow you down.

Virgo | Aug. 23-Sept. 22.

Your judgment is likely to be far superior to that of a well-intentioned friend. Listen to this advice, but keep your own counsel.

Libra | Sept. 23-Oct. 22.

Don't put off important assignments until the last minute. You'll be much sharper early in the day.

Scorpio | Oct. 23-Nov. 21.

Tend to your own affairs before trying to help out other people. You won't be thought of as selfish, just efficient.

Sagittarius | Nov. 22-Dec. 21.

There is no valid reason why you should share your good fortune with persons who had no hand in bringing it about. Reward those who did help out.

Capricorn | Dec. 22-Jan. 20.

Your ability to evaluate might not be as effective as you think. Operate only in areas of strength.

Aquarius | Jan. 21-Feb. 18.

Try to relax and let things take their course. You've worked hard to plan well, and you don't need to make last-minute changes.

Pisces | Feb. 19-March 20.

Success is likely if you're able to organize your priorities in a methodical manner. If for some reason you can't, you're likely to end up being an also-ran.

Aries | March 21-April 20.

Unless you have your mind on what you're doing, you could take one step forward and two steps back.

Taurus | April 21-May 21.

Your first thoughts are likely to be your best. But you're likely to put far more stock in your less-accurate assessments.

Gemini | May 22-June 20.

Don't push your commercial dealings too far. Holding out for extra concessions might take all the snap out of the rubber band. **BERNICE BEDE OSOL**

Letters

Judge Iran by its deeds

Re: 'Time for the olive branch' (Metro, June 21-23) Nancy Wrenn's letter falls for Iran's "good cop, bad cop" routine. Yes, Rouhani sounds a lot better than Ahmadinejad. But Khamenei still holds the real power in a regime that supports Hezbollah and Assad. Iran has used talks as a stall tactic to prevent sanctions while continuing its nuclear development. If Iran genuinely wants to improve relations, it needs to prove that with actions, not words. Our sanctions finally have some teeth, and they cannot be relaxed until we have proof that Iran has abandoned its non-peaceful nuclear intentions.

JIM FLETCHER, VIA EMAIL

Morality needs some absolutes

Re: 'Don't need religion to be good' (Metro, June 20) Letter writer Craig G. Shoemaker dogmatically dismisses religion and doctrinairely asserts the existence of "many excellent reasons ... for behaving morally ..." while offering no example. Without a divinely rooted source of objective morality, Shoemaker's secular reasons can only ever be man-made, subjective, improvised and relativistic at best, not to mention non-binding.

GILBERT COLON, VIA EMAIL

letters@metro.us

Keep them as brief as possible, preferably under 100 words. Metro reserves the right to edit all letters. Please include your name and contact info.

Sudoku: Easy and hard

6	1	2					8	
7					9			
	4	9				7		6
		5	4	8		6		
2								1
		3		2	6	9		
9		1				4	2	
			3					7
	7					1	9	8

	5	9	4		6			
		1		8		6		
3			2				8	1
					8			
2		8	6	7	1	3		5
			5					
1	8				2			3
		3		6		2		
			8	4	9	1		

How to play

Fill in the grid so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

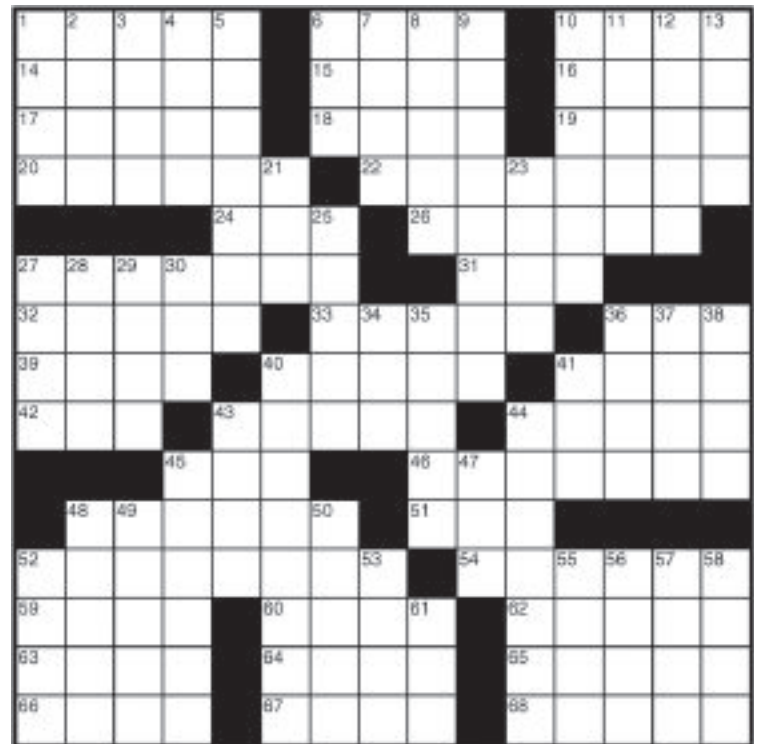
Crossword

Across

- 1 "Songs of Innocence" poet
- 6 Fancy fabric
- 10 Empire builder
- 14 Turn color, maybe
- 15 Range part
- 16 At the summit
- 17 Oblige
- 18 "— Sides Now"
- 19 Yard tool
- 20 Tabby treat
- 22 Cowpoke
- 24 MTV hosts
- 26 Chaplin in-law
- 27 Most frugal
- 31 Hoosgow
- 32 Refuge
- 33 Shakespearean sprite
- 36 Cleveland NBAer
- 39 Buyer's caution (2 wds.)
- 40 Lairds' households
- 41 M.D.'s reading
- 42 Admin. head
- 43 Was drawn to
- 44 Afternoon TV
- 45 Gamble
- 46 Really big
- 48 Buoyant
- 51 Dark brew
- 52 Showed off
- 54 "Key Largo" actress
- 59 Carry on

Down

- 60 OPEC member
- 62 Tybalt's slayer
- 63 "Famous" cookie maker
- 64 Ibsen's home
- 65 Fix a manuscript
- 66 Unlawful act
- 67 Fritz's refusal
- 68 No rocket scientist
- 1 — -a-brac
- 2 Succotash bean
- 3 Dr.'s visit
- 4 Sharp as a razor
- 5 Pep up
- 6 Toss
- 7 Declare openly
- 8 Paris subway
- 9 Improves
- 10 Edge
- 11 "I don't mind — —"
- 12 Bumpkin
- 13 Mimic
- 21 Slumber-party wear
- 23 "Hud" actress
- 25 Rhubarb unit
- 27 Catch a fly ball
- 28 Rio Grande town EL —
- 29 Tel —
- 30 Matter, in law
- 34 — Dawn Chong
- 35 Where Madras is
- 36 "Misery" costar
- 37 Elec. units
- 38 Urn
- 40 Medal or quote
- 41 Average guy
- 43 Spinks of the ring
- 44 Applied salve
- 45 Most morose
- 47 Diamond org.
- 48 San Antonio landmark
- 49 Kind deed
- 50 Succinct
- 52 Toga party site
- 53 Painter Salvador —
- 55 Go's opposite
- 56 Word from the pews
- 57 Projector part
- 58 Seam, in mining
- 61 Persona — grata

Weekend's answer**New!**

You can use your smartphone to discover today's crossword answers — right now! Download and open the Blippar app on your smartphone and hold the screen over the puzzle — it's that easy!



Offense looks washed up on Old-Timers' Day

MLB. Nova looks solid in first start back, but the bats continue to look old and slow.

Ivan Nova had not thrown a curveball to a major-league hitter in the three weeks since getting Ike Davis out in a relief stint on May 29 against the Mets.

So perhaps it's not surprising he was a bit apprehensive about throwing one even as three of the first four hitters reached on his fastball.

Nova took the loss as the Yankees scored only once during his 6 2/3 innings, but he did turn in his best outing of the season during Sunday's 3-1 loss to the Rays. The



Ivan Nova struck out seven in his first start since April 26, but the offense sputtered. / GETTY IMAGES

game was decided on James Loney's two-run single off Boone Logan with two outs in the seventh inning.

"He left a couple of fastballs up," manager Joe Girardi said. "After

that he was really good."

The problem came at the plate, where the Yankees continued to struggle offensively.

The only Yankees to generate much offense were Brett Gardner and

rookie Zoilo Almonte. They were a combined 5-for-8 while the rest of the lineup was 2-for-24.

LARRY FLEISHER
sports@metro.us

Beginner's luck?

Almonte busts out in Bronx

Not many Yankee fans knew about Zoilo Almonte before this weekend, but the team was aware of what his bat could do.

He had three hits, including his first career home run Friday in a 6-2 win. On Saturday, he drove in three runs with a two-run single and a bases-loaded walk.

"[A] bases-loaded walk is not always easy for a young kid to do," Girardi said. "We were having trouble scoring runs yesterday; we had some opportunities we weren't able to cash in early — his discipline there was very good."

Almonte went 7-for-11 with four RBIs and 12 total bases in the four-game set against the Rays. He has a .583 average and a .643 on-base percentage.

LARRY FLEISHER

3

SPORTS

Watch online



Find highlights of yesterday's Yankees Old-Timers' Day game at Metro.us/sports.

Old-Timers' Day

Yanks welcome back legends

The Yankees held their 67th annual Old-Timers' Day before yesterday's game and the list of

attendees featured the usual assortment of Hall of Famers such as Reggie Jackson, Goose Gossage and Rickey Henderson as well as all-time legends Whitey

Ford and Yogi Berra. "I haven't thrown a baseball in anger in over a year, so for me, it's exciting putting the uniform on," said John Flaherty. "The experi-

ence of growing up in New York, coming back, playing for the Yankees and now being on the field for Old-Timers' Day — it's pretty surreal."

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Stanley Cup

Bergeron, Toews both questionable

Two injured stars are both question marks going into tonight's Game 6 of the Stanley Cup Final.

Blackhawks forward Jonathan Toews sat out the third period of the team's 3-1 victory in Game 5 with a mysterious "upper-body injury,"



Bergeron has an unknown injury. / GETTY IMAGES

but his coach says he's "optimistic" he'll play tonight.

Boston's Patrice Bergeron was released from the hospital Saturday and traveled back home with the team, but his status is unknown.

The Blackhawks lead the Bruins, 3-2, and will face off tonight at 8 on NBC at the TD Garden in Boston. Chicago is looking for its second title in four years. **METRO**

Delay ends day early as Harvey shuts out Phils

MLB. The Mets' young ace kept his brilliance going in Philadelphia.



Matt Harvey / GETTY IMAGES

A 20-minute rain delay — and a 6-0 lead — put an early end to Matt Harvey's day in Philadelphia, but it was the only thing to give him a problem yesterday.

Harvey was brilliant over six shutout innings before the rain came. He allowed just two hits and a walk while striking out six on 72 pitches. The Mets cruised to an 8-0 victory to win back-to-back series against NL East rivals.

The 24-year-old ace might have been able to come back after the brief delay, but a 6-0 lead meant

the Mets had no reason to push it. Marlon Byrd gave the team an early 1-0 lead on a first-inning sacrifice fly, but it was Harvey himself who busted it open in the fifth. He started a pa-

rade of three straight doubles to scored three runs.

The top four batters in the lineup — Eric Young Jr., Daniel Murphy, David Wright and Byrd — were a combined 10-for-19 with five RBIs on the day.

Harvey improved to 7-1 with a 2.05 ERA. LaTroy Hawkins and Brandon Lyon, who have struggled as of late, pitched three scoreless innings out of the bullpen to close things out after the delay.

Zack Wheeler, fresh off his MLB debut last week, will oppose another of the top young pitchers in baseball, Chris Sale, tomorrow (8:10 p.m., SNY) at the White Sox.



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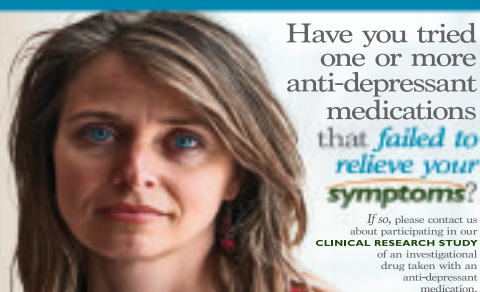
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2:00 p.m. at 66 John Street,
11th floor, on a petition from
Cilantro West LLC to continue
to, to maintain, and operate
an unenclosed sidewalk café
at 485 Columbus Ave. in the
Borough of Manhattan for a
term of two years.
REQUESTS FOR COPIES OF THE PROPOSED
REVOCABLE CONSENT AGREEMENT MAY
BE ADDRESSED TO: DEPARTMENT OF
CONSUMER AFFAIRS, ATTN: FOIL OFFICER,
42 BROADWAY, NEW YORK, NY 10004.

NOTICE IS HEREBY GIVEN,
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that the NYC Department
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Inc d/b/a Perfecto Pizzeria
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NOTICE IS HEREBY GIVEN
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Law at 224 E. 53rd Street, New York,
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Miscellaneous

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■ **I was skeptical.** I bought a box and it worked as advertised. Within a week I had relief. *Howard Toy, 69, Henderson, NV* ■ **It's heaven to sleep through the night.** For many years I had 6-7 sleep interruptions every night. Had urgent trips to the bathroom day and night with discomforts. I enjoy my new life. *Angus Pike, Oshawa, ON*

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#26

■ **Bell Blood Pressure Formulation helped me feel great.** Thank you for this wonderful product. *William Oliver, Portsmouth, VA* ■ **I have been taking Bell #26 now for one year.** My mom and brother started taking it as well. Even my pastor is on it now. Thanks! *Mary Earl, Longview, TX* ■ **I started to take Bell Blood Pressure Formulation #26.** After about 30 days my blood pressure was normal. My doctor was very happy with me. *Irene Surridge, 67, Owen Sound, ON* ■ **A friend recommended Bell BP Formulation!** When a friend had good results I decided to try it. After taking Bell Blood Pressure Formulation #26. It made a difference in my life. *Milton Perdomo, 68, Rego Park, NY* **No need to make claims. Bell relays 100% truthful user's free speech. No money is paid for it. No questions asked guarantee.**

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■ **Last couple of years I tried everything.** Results with Bell Skin Disorders #60 were unbelievable. I have beautiful skin again. Thanks **#60** for giving back my self-esteem. *Nelisa Royer, 28, Doran, FL* ■ **My mom bought Bell #60.** I was skeptical. It did work quickly and better than anything else. *Christopher Seraphin, 14, Brooklyn, NY* ■ **It worked.** I no longer have to hide at home, because I was ashamed to be seen. *Agnes Casillas, 60, New York, NY* ■ **Can wear again dresses** that are backless. My skin looks fantastic. Thank you from the bottom of my heart. *Yvette Maclean, 40, Lodi, CA* ■ **I was trying everything for years** and nothing worked. I felt physical and emotional pain having to hide. Finally I found your Bell #60. I'm so grateful and impressed about how fast it worked with amazing results. *Eulalia Isabel Sanchez Martin, 30, Brampton, ON* **Skeptics can call everybody. All are real people like you or your friends.**



#23

SNORING?

As recommended by Dr. Gifford-Jones M. D.

Here is proof that snoring can be corrupting your health and your marriage. Three out of 10 couples are considering divorce because of snoring says a major magazine article. You are not alone! An official survey says 48% of all people snore. 75% are affected, if you add non-snoring husbands that have snoring wives or vice versa. Snoring is caused by slack muscles in the throat. A common complaint is that people feel that they are not well rested in the morning. Many people wrote they are now sleeping like a babies. Their partners are delighted. This natural health product Sound Sleep #23 usually helps the first night. No side effects.

■ **College professor had lack of good sleeps with many interruptions** for last 8 years that made her tired during the day. Within 3 days taking Bell Sound Sleep #23 the terrible snoring stopped. I wake up feeling refreshed and energized. I can concentrate in a focused, happy manner. I feel delighted with this natural product. *Dr. Anele E. Heiges, 77, New York, NY* ■ **A life changing product.** The very first night I took the capsules and every night after I had a restful and wonderful sleep. It has been a God send and blessing. I am by nature a skeptic. The money-back guarantee convinced me to try it. *Jimmy Pay, 53, Gardendale, AC* ■ **3 Years on Bell Sound Sleep #23.** My wife and I are entirely satisfied. Snoring episodes have completely disappeared. This has improved our lives enormously. *Leo Fortin, 60, St-Georges, QC* ■ **Basically you saved my husband's life.** For the last 5 years my husband had very bad nights. Bell #23 was nothing short of a miracle. I have my husband back. No more snoring. No more napping during the day. I am telling all our friends. *Bonnie Johnson, 64, Wichita, KS* ■ **My life changed. Sleep now 7-8 hours.** I am a retired college professor and author of books. I have no more need to nap during the day. Nothing I tried helped until I started Bell Sound Sleep. I am so delighted with this product I would like to make motivational speeches to help others. *Carmen V. Caruso, 66, Ann Arbor, MI* **On the Bell Website we list phone numbers or email addresses of actual users of this product and all other Bell products. Most are delighted to talk about their relief.**

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

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